



# "Catch of the Day" Baked Fish

**Makes:** 10 or 50 Servings

	10 Servings		50 Servings	
Ingredients	Weight	Measure	Weight	Measure
White fish fillets (cod, tilapia), frozen, unbreaded	15 oz		76 oz	
Dijon mustard		2 Tbsp		10 Tbsp
Crushed bran flakes		1 cup		5 cups

## Directions

1. Preheat oven to 400°F.

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>51</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	16 mg
<b>Sodium</b>	<b>99 mg</b>
<b>Total Carbohydrate</b>	<b>3 g</b>
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>8 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

2. Coat a baking sheet evenly with oil or cooking spray.
3. Brush mustard over fish fillets.
4. Crush bran flake cereal into crumbs and sprinkle over fillets.
5. Place on prepared baking sheet.
6. Bake 20-25 minutes, until fish is white throughout and flakes easily with a fork.

## Notes

Serving Tips:

You can also use rye, whole wheat or any type of whole grain bread crumbs for this recipe. Simply toast the bread and crumble it to make the crumbs.

**Source:** Improving Nutrition & Physical Activity Quality in Delaware Child Care